

In Harmony with Being

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When we quiet our troubled minds,
we can feel in our hearts and know



that now is the time we've waited for,
the change we've always hoped would come.

Mother Earth has finally begun Her transformation
and rise into a higher realm:



Now we and everything must change as well,
and prepare to make that journey with Her.

Our entire troubled world
could be washed clean in just one startling instant,



but it and we endure for the sake of love, hope,
and purposes that are still unfolding.

Like Noah, we're riding out a daunting storm,
uncertain of our final destination,



but trusting that we'll wash up soon
on a cleansed and pristine shore.

Earth changes, troubling events,
and compelling dramas may swirl around us;



but we can stand steady, centered,
unshaken, and at peace.

It's impossible to anticipate
what this chaotic, changing world holds in store;



but we can relax, trust in the flow of creation,
and open our hearts to embrace what comes.

There's no time left
for procrastination or resistance,



as the pace of change is quickening
to awaken both our awe...and our humility.

We've taken the path that leads away
from the unraveling world we've known



to walk wide-eyed--as trusting children—
toward an opening, but unknown destiny.

We can prepare ourselves to enter a higher realm,
by shedding our remaining attachments,



and accepting and harmonizing with
the necessary changes that move us toward rebirth.

Continually knowing less and less,
and trusting more and more



is the wisest and the humblest way
to walk into an unknowable now.

Everything in the cosmos is part
of one elegant, harmonious symphony of light,



directed by a masterful, loving hand,
joyfully exploring an ever-expanding creation.

Our world--this world we see, touch, taste, and smell—
is just one small facet,



one of countless possibilities
within the vast glittering crystal of existence.

If we step back to view Mother Earth from space,
floating in the dark vast void,



we see just what an incredible jewel She is,
one of God's most precious treasures.

Life on this earth
is so incredibly elegant and beautiful that



it would waste our precious gift of awareness
to not marvel, appreciate, and give thanks.

The one true purpose for our prayers
is to express our heart-felt love and gratitude



to our Father for His grace
that spins out existence in such perfect harmony.

Our Mother Earth is a spirit manifest in form—
just as we are spirits in this human form—



and while she loves us dearly and provides freely,
she very much appreciates the love we offer in return.

The miracle of creation is continually visible,
manifesting right before our eyes,



whether revealed in the tiniest leaf unfolding,
or as the vast night sky.

Life is emerging, transforming,
and expanding with an incredible tenacity,



always striving to fulfill itself
and to honor the Light that brought it forth.

Mother Earth is a being, a whole,
who always seeks a return to natural balance;



and every plate shift, eruption, or strong storm
shifts her...and us...toward that harmony.

When we look up from our many distractions
and take time to notice and observe,



we realize how completely love and grace
sustain every aspect of our lives.

We can live the deeper mystery
and feel the magic in everything around us



if we will walk with, not on, Mother Earth
and converse with Her as a living being.

The sun's rays, the air we breathe,
the earth we walk upon, the food we eat,



and even the beating of our own hearts
are all freely and lovingly provided by grace.

Thank you Father Sun
for bestowing your light, your warmth,



your life-giving, and life-changing rays—
all these gifts of your radiant love and grace.

Thank you Mother Earth for the sky above;
the plants, creatures, water, and earth below;



and for this vehicle, this amazing body—
all gifts of your loving grace.

Looking down from a mountain top or plane,
we see ourselves in the larger context,



revealing our fragile, impermanent reality,
dwarfed against the backdrop of creation.

The more aware we become
of the complexity and interrelatedness of life,



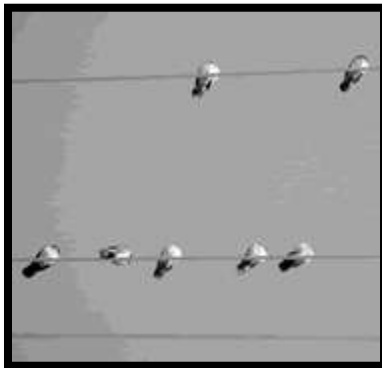
the more compelled we feel to stand in awe,
and humbly bow our heads in gratitude.

Mother Earth's constantly-abiding love for us
is always readily available,



and immediately becomes apparent
any time we lift our eyes from our distractions.

For the most part, we live entirely unaware
of the harmony operating in our world,



neither noticing the breath taken without thought,
nor the life-giving air that fills our lungs.

It's just crazy to believe that
the world we've built is more substantial



than the incredible natural world we live in—
our rock-solid, life-sustaining reality.

The world we've constructed is ruled
by artificial time constraints and expectations,



while the natural world around us flows in cycles,
and unfolds only in the present moment.

If we'll listen closely for the enchanting melody
that Mother Earth always sings,



we'll first begin to tap our toe,
and then we'll join Her in perfect harmony.

Whether we find ourselves
on a beautiful beach or confined to a small cell,



we can always find a manifestation of life,
revealing itself as a miracle anywhere we are.

The entire earth, and every living thing upon it,
serves us as a metaphor,



teaching us to live in harmony,
and revealing the deeper mysteries of creation.

If we will only make the effort
to look more deeply beyond the outer image,



we'll discover the brilliant flame of Being
burning brightly inside every form.

Everything in nature, in all of being,
has its place and its role to fulfill in creation,



and we are no exception, making our contributions
quite unaware of our essential parts in the whole.

We humans are not rulers, residents,
or even guests here on Mother Earth;



but we arise as parts of Her,
spirit beings dressed by Her in human form.

We are all glorious beings of light,
overlaid with biological and cultural accumulations,



all diligently seeking to find our way back
to that original light--back to our Selves.

We've seen ourselves as separate from Nature,
doing battle with an outside force,



but we are part of the vast web of life,
Nature's cherished prodigal sons and daughters.

We remove ourselves from Mother Earth
and the natural harmony she embodies,



but if we'll humble ourselves, She'll embrace us,
and remind us how to live again.

We can align ourselves with the rushing torrent
of social interaction and transaction,



or we can opt instead to harmonize
with the rooted, steady, flowing energy of nature.

When left to Herself, Nature flows
as a self-sustaining, self-balancing whole



and we can find our place in that whole
by observing and following Her instructions.

When we make our way outside the city,
and enter an open, natural space,



we feel the weight of density lift,
and Mother's energy welcomes us home.

The road from here leads us back to the land,
back to Mother Earth,



requiring that we build a new relationship with Her,
one based on mutual love.

Anywhere we find ourselves,
we can seek ways to touch the natural world,



as nature always shines a constant light
that will cleanse our bodies and our souls.

Just as a storm's wind and rain
wash clean a dreary, soot-filled sky,



so nature scours away the accumulated haze
that clouds our hearts and souls.

More potent than any expression of our outrage,
our protests, or urgent calls for change,



what best serves to soothe Mother Earth's pain
is when we truly hold Her in our hearts.

What a rascal God must be
to clothe Himself in such unrecognizable forms,



and what a delight it is to discover Him there,
hidden away inside each and every one.

The cells, organs, and systems of our bodies
work together harmoniously



to maintain, protect, heal, and regenerate us—
totally outside of our awareness.

It's a constant life-long challenge
to tame and master this wild animal we ride;



our spirited, willful human body,
that bucks and protests so, as we try to take the reins.

There's a glorious, loving being just waiting,
hoping for our acceptance and love,



hidden inside each and every cautious,
self-protective brother or sister you encounter.

Everyone and everything on this earth
is a conscious being, and a living teacher,



each with a lesson to teach us,
if we're only willing to pay attention.

What a delight to spend time with someone
at ease enough with him or herself



that there's no need to distort yourself
to allay their doubts or fears.

Even those of us who have yet to heal,
with doubts, burdens, and hard lives



are loved beyond our ability to accept,
and are always embraced in the heart of Being.

If we walk this earth with an open heart,
radiating love and light as we go our way,



Mother Earth and our brothers and sisters
will embrace us, and aid us on our journey.

The growth of our souls takes place
more as the result of a process of ripening,



than as a consequence of any of our
deliberate personal actions or efforts.

We can shift our attention—
just as we would switch between internet sites—



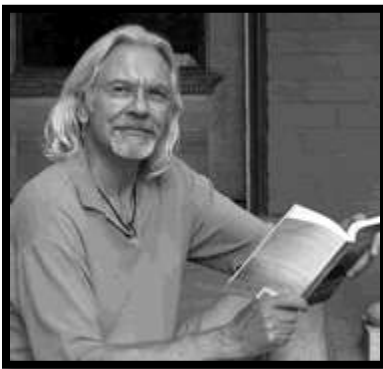
choosing an all-consuming personal drama,
or an all-embracing sacred reality.

We can either zoom in, or zoom out,
to explore the infinite experience of being,



from being deep inside our personal experience,
to seeing through the eyes of God.

Our personal beliefs, opinions, and judgments
are simply accumulated illusions



that condition our perceptions and reactions,
and separate us from oneness.

We possess the capability
of looking beyond our beliefs,



arbitrary judgments, and prejudices
to recognize the one Self we all share.

What are those things in our daily lives
that absorb our attention so completely



that they keep us from seeing
Being shining through everything around us?

Clinging to memories or life-long patterns
may offer us a false sense of permanence,



but the flow of being rushes ever on,
washing everything clean and new as it goes.

Each time we're able to let go
of one of our distracting attachments



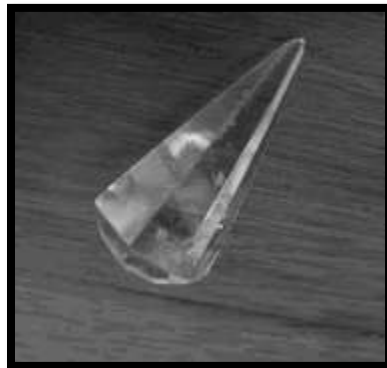
something new can arise—
something fresher, cleaner, and purer.

If we'll let go of all of our
outdated beliefs, blind judgments, and prejudices,



we'll see Being shining through this world
in ways we've never even imagined.

We let go, let go, and then let go again,
until we're crystal clear, perfectly transparent,



and able to allow the loving light of Being
to flow through us totally unobstructed.

As we release our beliefs,
opinions, judgments, attachments, and fears;



we become less our lower, denser selves,
and more like God, our highest Self.

Until we recognize ourselves in everything,
and know everything as our Self,



we can be quite certain that
we still have something else to release.

Why approach life's mysteries
through books and the teachings of others



when all of life's lessons are laid out before us,
ready to experience directly and personally?

Even when the path another walks
appears to be a very good path,



we must still determine for ourselves
if the path is one that truly goes our way.

It's much easier to hear the calls of others
urging us to take action,



than to hear the quiet voice whispering inside
that points our own way forward.

The loving light of God--the very force of life—
radiates through us constantly,



but we must turn inward, toward the light inside,
to find it shining there.

Our Father's light, love, and acceptance
flow through us constantly,



but we must be willing open our hearts,
accept His gifts, and freely pass them on.

We can transform our living space
into a sacred, holy place quite easily



by asking all unwelcome energy to depart,
and inviting Spirit to abide.

Before we take any action in our lives,
we should first take a brief moment



to enter into our heart to make certain
that our action is in harmony with our Self.

With three slow breaths
we can remove ourselves from judgment and stress,



and restore ourselves to the harmonious,
flowing Being in which we always abide.

Quiet your mind, go into your open heart,
intend your consciousness to rise,



and then invite Being to join with you,
and to answer any questions you may have.

Once seated in the still place inside us,
we can speak with anyone we choose,



whether they be near or far, living or dead,
in any realm...including our Father.

We can go into that sacred space in our hearts,
into that place where we are one with Being;



and open to radiate oneness, love, and light
to all our brothers and our sisters.

Let's sink our spirits from their usual places in our minds
to the sacred spaces in our hearts,



and then witness the transformation that takes place
in us, and in the entire world around us.

The more closely we harmonize with Being,
the more completely we release the misperceptions



that create our sense of separation,
until we align again, and remember who we are.

The most important thing we can do now
is to stop worrying, stop resisting,



stop pushing, stop tensing, stop clinging,
stop doubting...and trust in Being.

Our simple, heart-felt ceremonies held at
sunrise, the full moon, or the change of season



celebrate creation, express our love and gratitude,
and reconfirm our surrender to Being.

From our extremely limited vantage point,
it is impossible to see or understand



the hand, or purpose that triggers events,
and guides our steps toward fulfillment.

We can relax, trusting that everything of significance
is unfolding as it should,



without requiring any real effort, responsibility,
or even awareness on our parts.

Our Father has never abandoned us,
and has never stopped loving us:



His light, love and acceptance aren't gifts He gives,
but the very essence of His Being.

God has one single, overriding message
that He wishes us to hear,



and that message is that He loves us all,
and accepts us all—with no exceptions.

We can rest assured that
we're always walking in the presence of God



--above us, below us, around us, within us—
everywhere, always.

We are part of a vast cosmic community
that extends out through the stars,



with brothers and sisters
who eagerly await our imminent reunion.

Despite our frequent doubts, we are never alone,
but are constantly surrounded



by countless life forms, spirit beings, and our Father
who offer love and guidance.

The spiritual beings of light we turn to
for guidance, encouragement, and inspiration



are radiated rays of light like us,
but manifest the clarity of a higher vibrating realm.

Just as the sun's rays radiate out in all directions
and still arrive as sunlight;



Being radiates out through all creation,
and we are that light of God arriving.

Each of us is a unique manifestation
of an ever-expanding, all-inclusive Being,



just beginning to recognize our Self
as that Being in one of its countless forms.

As we empty ourselves, and manifest
higher levels of consciousness, energy, and light,



Spirit responds by infusing us with even more light,
creating an ever-ascending spiral.

As we radiate more of Being,
we become more fragrant and attractive,



drawing people and spirit beings to us,
and enjoying many more moments of grace.

We shine as bright guiding beacons
of light, love, and oneness here on this earth,



making our precious, unique contributions
because of who we are--our being.

When we tune our attention
to hear only the highest, purest, and clearest voice,



we always receive same the comforting assurance
that all is well.

We are aware of our deep longing
to harmonize and become one with our Father,



but it's a wonderful surprise to realize
that our Father also longs to become one with us.

Our Father offers to walk beside us here on earth
and to be our constant companion,



but we must welcome Him, make a place for Him,
and stay open to His loving presence.

What an enormous relief it is
when we finally realize



that we already are that Being, that Oneness,
that deep inside we always longed to become.

To fully harmonize with our Father,
we must release everything



to make room for Him to enter into us,
and to align with us completely, until we are one.

Let go of all personal responsibility
to allow Being to fully manifest through us;



to see what It would see, to act as It would act,
and to be as It would be through us.

Empty and surrender yourself completely,
letting go of anything that separates,



and make room for your Father to enter,
and to fill you with His love and light.

Our Self is one with our Father,
who gave rise to, and then entered into everything;



so when we enter into our Self,
we are one with our Father, and everything else as well.

Draw back all attachments and enter the Self,
where all artificial boundaries dissolve,



and we are one with God, the Self of all,
and become one with everything.

Once we harmonize with our Father completely
and become one with Him,



we realize that everyone and everything else
exists in perfect harmony.

Transform the problems and the limits of duality
by abiding in open-hearted oneness,



and radiating that love and light
through all of our thoughts and actions.

Once free of the conditions of matter,
free of the modifications of mind,



we are that One,
that being, that consciousness, that bliss.

Author's Statement

Starting in November 2009, I began writing a new quote to post each day on my website. My goal was to capture an experience or concept in four concise, simple, and hopefully somewhat poetic lines. Each of these quotes attempts to convey the way I see and experience things at this point in my life.

I used the same basic format as we did in *Illuminations*, *Inneractions*, and *In Love*, three books of my quotes and paintings by artist Gary Collins that we published several years ago. It was fascinating to me to use the same limiting form to take a current "snap shot" of how I view life. This time I used photos that I have taken as the artwork that accompanies each saying. The second big difference is that this time I am giving away the collection of sayings.

The photos I have used are for the most part my own. However, I did use a few photos from other sources that I would like to acknowledge. The photo of me standing on the rock in Snow Canyon in Southern Utah was taken by Ed Lauder milk while we were hiking there. There are three photographs of my son, Seth, which I lifted unashamedly from his Facebook page. The pictures of earth from space and the Mayan calendar were both downloaded from collections of free photos available on the internet.

I invite you to read these sayings, download them for your own use, and to pass them along to anyone you choose. I would love to hear any comments you may have at stephenpaul@circledancer.com.

Love and Grace,

Stephen Paul

